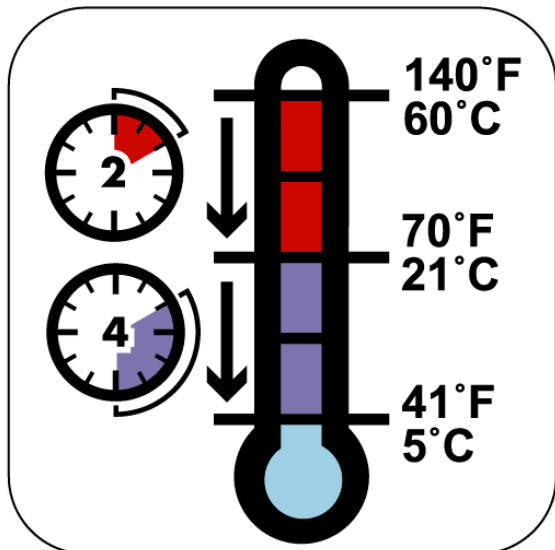


# Cool it Quickly

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**Cooling hot foods rapidly is important to keep bacteria that can cause illness from growing in food.**



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Foods may be cooled with either method:

**1. Shallow pan cooling:**

Two-inch deep layer of food in an uncovered pan refrigerated at 41°F

**2. Two-tier time and temperature cooling:**

- Cool from 140°F to 70°F within 2 hours
- Cool from 70°F to 41°F within 4 hours